The Lions' Pride

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Annual Lighting Ceremony Lights Community Spirit

By Cameron Wallace

Contributing Writer

On Nov. 22, the Saint Leo University community took part in its annual tradition of the blessing of the manger and the lighting of the Christmas tree.

The tradition, which has been going on at Saint Leo for a number of years, is often well anticipated and attended by the students, members of staff, faculty, and administration.

The ceremony began with the blessing of the manger within which depicts the nativity scene of Jesus Christ. This was led by Saint Leo University's Chaplain, Father Kyle Smith. He blessed the manger and then continued on in the ceremony by blessing the Christmas tree. After this, the tree was illuminated with a large number of Christmas tree lights displaying a vast array of beautiful colors.

A number of performances were done by students to assist in bringing the Christmas cheer to Saint Leo University. One of the students who performed was Olivia Callahan who was assisted by Associate Professor for Music and Music Ministry, Dr. Cynthia Selph, on the keyboard.

After the ceremony, a group of singers from Saint Leo University's Campus Ministry performed a number of carols in which attendants who wished

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Photo by: Cameron Wallace

The wreath laying ceremony having been conducted at the Lion Statue emboldens Saint Leo's commitment to the Armed Forces.

The Way Forward: Renaissance 2021

By John Hall

Editor-In-Chief & Layout Editor

On Tuesday, Nov. 20, just before the University geared down for the Thanksgiving holiday, University President Dr. Jeffrey Senese chaired a Town Hall Meeting in the Marion Bowman Activities Center on University Campus. The meeting took the form of an hour, however, packed into that time was a detailed elaboration on the strategic plan for the University Renaissance 2021.

Dr. Senese started the meeting by addressing three main areas of concern from his suggestion box. The action items are suggestions that were taken from the collective deposits of faculty and staff and were areas of concern that the groups looked forward to having addressed in the future.

One of the areas of concern was centered around allowing employees the opportunity to take any course offered by the university for credit, without being in a degree-seeking program. Senese stated that so long as it does not interfere with students, the option would be available. Senese solidified the point by emphasizing that as Personal Development is one of the University's Core Values, it is apt that faculty be able to participate in classes that would afford them growth.

Looking at the Core Values of the University Senese believes that it is time for us to consider the current values and find what the next level of those values are. As Senese thought about the values holistically, he heard the phrase, "Bold in Action, Humble in Spirit." Additionally, plans are underway

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Photo by: John Hall

Dr. Jeffrey Senese, explained the way forward for the University over the next three years. A periodic report card will highlight the progress of the work done

Inside This Week

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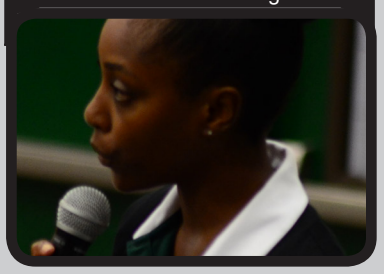
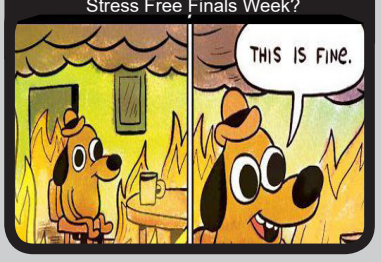
Town Hall Meeting



Countdown to Christmas, Hallmark

Stress Free Finals Week?



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Campus News

Facts for a Stress-Free Finals Week

By Danielle Ferguson
Former Contributing Writer

Saint Leo University's scheduled Fall final exam week is from Tuesday, Dec. 4, until Friday, Dec. 7, which leaves ample time of over three weekdays for students to get prepared mentally and physically for a 'stress-free finals week.'

Although this is the case, it still comes as no surprise that with finals week approaching, some students will eventually push their bodies to unhealthy limits in attempts to study for prolonged periods of time before taking exams; this can hinder their success rates. It seems that to carry out such behavior, more and more students have turned their willingness to resort to dangerous levels by illegally taking the prescription drug Adderall with expectations of an increased, highly focused study time so they can make the grades required.

The National Survey on Drug Use and Health, released in April 2011, stated that 10-15 percent of all full-time college students aged between 18-22 years use the drug Adderall when it comes to extensive workloads or more prominently during the final exam period of the semester. In comparison, this statistic was almost twice the percentage of reported usage among the same age group not attending college full-time.

Photo by: John Hall

The CAVE will be accessible to all students in the days and hours leading up to exam time, be sure to see one of the subject tutors for any area you may need assistance.

Adderall, which is a psycho-stimulant made up of mixed amphetamine, is a prescription drug designed to treat Attention Deficit Hyperactivity Disorder (ADHD) and is classified as a schedule II substance under the Controlled Substances Act. This designation means the drug has legitimate medical uses but has "a high potential for serious abuse." With this in mind, it is questioned as to why exactly one in five college students who have not been diagnosed with ADHD still take the drug? The answer lies with the apparent effectiveness of the medication, which is known as a "Smart Drug," providing students with the superhuman focus, due to an upswing in cognitive clarity, needed for marathon study or writing sessions and likewise indicating the extent of the drug's popularity on college campuses.

The harsh reality is that unfortunately most college students who rely on Adderall to get through final exams are highly unaware of the long list of warnings that stem from the potential side effects, including fast, irregular heartbeats, increased blood pressure, severe dizziness, seizures, hallucinations, loss of appetite and insomnia. In reality, sleep deprivation, poor eating habits, cramming, and ingesting stimulants to keep awake will not improve performance on finals, and therefore other stress management devices should be adhered to.

Extensive research has shown that healthy coping mechanisms such as being prepared for exams before finals week, including notes, making outlines and creating a study schedule lead to a greater success rate.

It is also advised that students limit caffeine intake during finals week due to the stimulant nature which can make students feel more stressed. It is encouraged that enough sleep during finals week is achieved as a lack of such can weaken the immune system, increasing the chance of sickness. Eating healthy during finals week will keep you energized for studying, along with getting some exercise. It is also vital that after an hour of studying, a five- to ten-minute break is undertaken to help you stay on task without getting frustrated or a headache from reading too much material at one time. All the external factors as mentioned above will help manage the stress students are faced and overwhelmed with and are critical for optimal cognitive functioning and performance when final exam dates are close by.

The Cannon Memorial library offers resources and services, which will be of major aid to students during this period. The library offers a tranquil yet focused environment with the staff dedicated to helping all students achieve academic excellence, and assisting with library research. Along with this, the staff is concerned about student success in finding all the information required for forthcoming exams and are committed to providing remote and traditional library services to all patrons.

Further aid is provided to students at the CAVE, which is located on the first floor of Kirk Hall, where students can meet with tutors to help them in preparing for exams.

Additionally, the University recognizes the effects of stress on students and provides counseling services which strive to aid individuals on their path toward academic, social and personal growth. The counselor's office is located in DeChantal Hall, and their services are free to students.

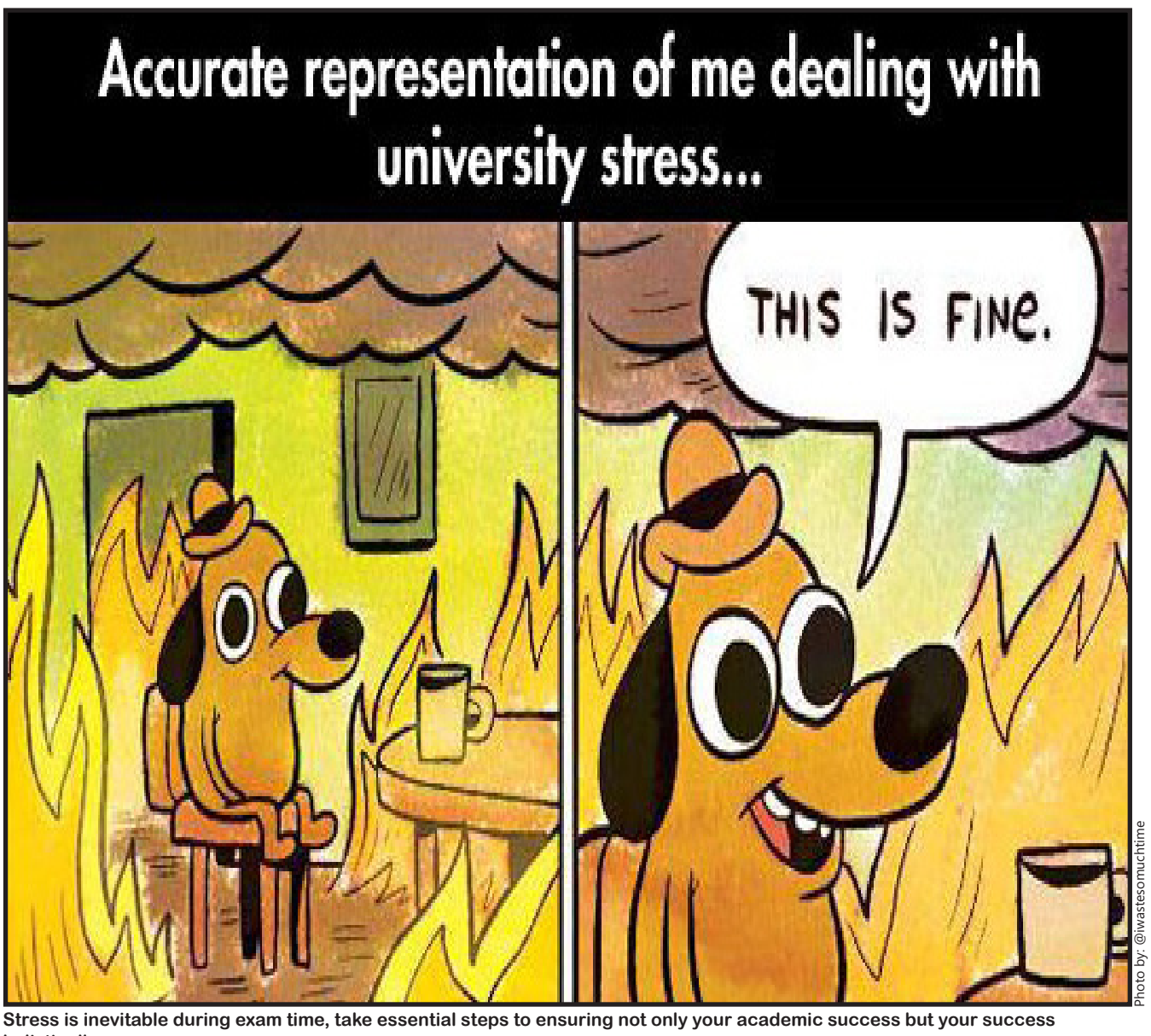


Photo by: @iwastesomuchtime

Stress is inevitable during exam time, take essential steps to ensuring not only your academic success but your success holistically.

Campus News

Lighting Ceremony Cont'd

Continued from Page 1

to stay behind could sing along or simply listen and enjoy their melodic voices.

Unlike previous years where a Christmas tree is ordinarily purchased and placed in the center of the walkway leading to the clock tower from the lion statue, an evergreen tree growing near the clock tower was decorated and used as the campus' Christmas tree.

Although the tree is not what some members of the university may be used to, the Christmas tree was still lauded and appreciated by students who were constantly seen taking photographs in front of and around the Christmas tree.

A variety of organizations were also seen taking photographs near the tree for their various organization's Christmas cards. When asked, marketing student Jessica Vieux, who is also member of the Beta Upsilon chapter of Theta Phi Alpha and the Vice President of graphic design for the American Marketing Association on campus, said that she loves the Christmas tree and thinks it is very beautiful and well decorated.

Despite the recent drop in the temperature, the tree lighting ceremony was well attended by the Saint Leo Community.

After the event, hot chocolate and a number of other drinks were provided by dining services, along with other desserts for those who attended the event, allowing the group to commune a little longer.

Photos by: Cameron Wallace

The Way Forward Cont'd

Continued from Page 1

to have a rebranding exercise towards changing the seal and official logo of the University.

The plan which has been revealed since October 2018, focuses on three areas of interest and contains three goals within each interest. These areas, also referred to as themes include the Culture, Academics, and Growth of the university.

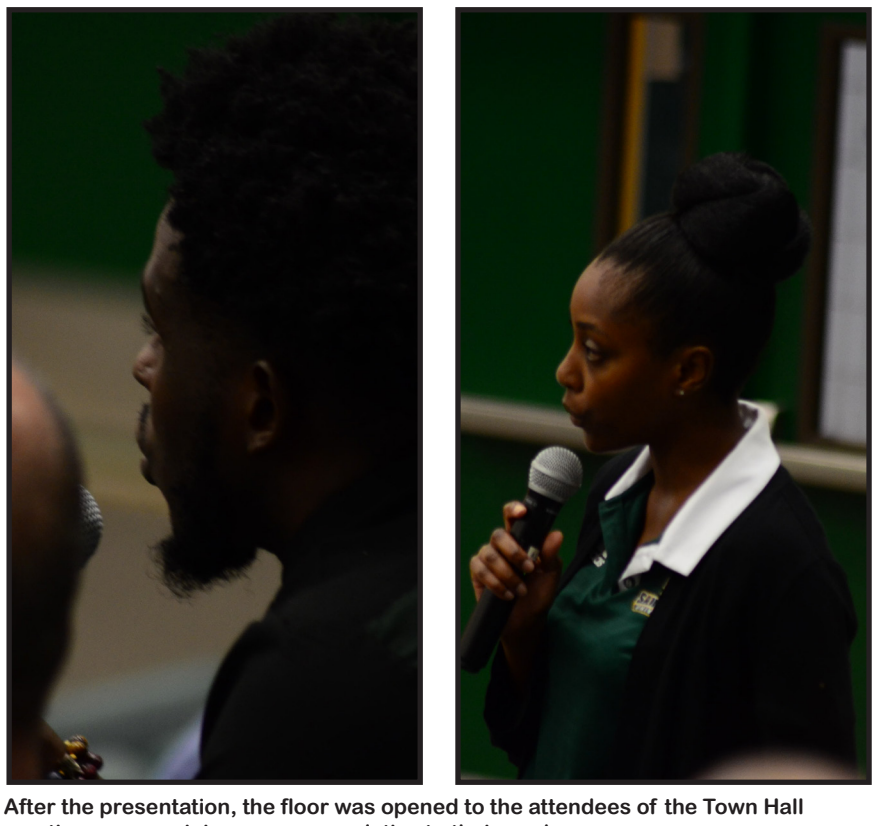
One of the goals focuses on Culture, looking at current and prospective students at the university. In addition to this, there will be an improvement of services across the departments working within the university. Finally, a technological plan will be put in place by UTS.

The plan will also build itself around Employee Vitality. This will focus on a professional development system, talent management and the development of a University Staff Council.

The third goal focuses on Retention. Within this goal, the development of an honors college, creation of a university college as well as focus on student advising will be the priorities.

Dr. Senese is focused on creating a "One University Community," bridging the gap between activities and processes occurring on the University Campus, and the Online/Worldwide Community.

It is evident that several plans and strategies are underway to continue to grow and develop the spirit and capacity of the University Community while nurturing good relationships with those around it.



Photos by: John Hall

After the presentation, the floor was opened to the attendees of the Town Hall meeting, many voicing concerns relative to their work areas.

Missed the Town Hall Meeting and still want to hear the address?

The recording for The Town Hall Meeting is available for streaming online. Follow the link: http://community.saintleo.edu/2018/10/saint-leo-university-town-hall-meeting/ ***Sign in with your Saint Leo Login information***

Lifestyle

Christmas Decorating Trends of 2018

By Brianna Pearson
Contributing Writer

Glitter and plush and more! Christmas 2018 is the brightest and most colorful Christmas to date. Although Christmas is usually all green and red, this year is completely different. Expect a lot of peaceful décor this winter.

Pastel colors have been all the rage this whole year. No one wants harsh colors like royal blue and bright red on their tree; rather, the trendiest individuals will decorate with pastels. Light blue, baby pink, peach and lavender are the craze in 2018. The pastel trend started early this year, especially during Easter. The pale colors are relaxing to the eye and the soul.

Similar to past years, metallics are here to stay. Burl Ives sang about the "Silver and gold decorations on every Christmas tree" in Rudolph the Red-Nosed Reindeer in 1964. In the 1950s, tinsel trees were a huge trend that have carried on to today. In recent years, rose gold specifically has become very popular. From iPhones to Christmas décor, the pink metallic color is perfect for everything. Many use rose gold ornaments, but others go all out with rose gold trees, reindeer décor and tinsel. When it comes to metallic, glitter is also very popular in recent years. My family has done their own glitter Christmas in 2016. Every decoration had to have a metallic glitter on it, or it wouldn't be put up. A large tube of Christmas ornaments will run you less than $20, so your metallic won't even break the bank.

Photo credit: @Target

Combining greenery and metallics will add flair to the typical red and green Christmas decorations.

Photo credit: @BHG

Flocked trees and greenery are a nice change from normal Christmas decorations as they appear to be covered in snow. They can be paired with wood for a taditional, rustic look or glitter and pastels for something more exciting.

Greenery and wood is also a nice way to spice up your Christmas decorating. Besides the tree, bringing nature into your home is good for the body and soul. Round wood slices can be used for coasters, a charger (a plate under another plate), or homemade Christmas ornaments. Greenery can be used as a centerpiece, wreaths and above the fireplace to pull the whole room together. Many bring in pinecones for the winter season as well. Going back to the pastels and metallic, painting pinecones can add a special flair to your decorating. A woodland themed Christmas is also a great decorating idea and a way to bring nature indoors. Little stuffed squirrels and foxes surrounded by greenery and pinecones make great centerpieces and small accents around the house.

Flocked trees are a beautiful change to the original green Christmas tree. Flocked trees are artificial trees that look like they have snow on the tips of the branches. One way to create a beautiful tree is to use a flocked tree and cover it in pastel-colored ornaments and hints of metallic. If a tree was covered in pastel pink ornaments with hints of sparkle here and there, the accents will really stand out and catch the eyes of guests who come over for the holiday season.

Lastly, the vintage style inspires many decorating trends in 2018. Crocheted Christmas stockings, tablecloths and tree skirts are a very peaceful way of adding style to your holiday. The vintage or vintage-inspired decorations can be mixed with the other trends listed above to have a beautifully decorated holiday and have family and friends wonder how you did it.

Hopefully, these 2018 Christmas trends help you spice up your holiday decorating and help you have a happy and relaxed break.

During the Christmas break, take photos and tag the Lions Pride Media Group on Social Media and show us your adventures! We would love to share in them with you.

The Lions' Pride Weekly Word Search

Merry Christmas and good luck on finals!

Peppermint Pursuit

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BOWS
CHRISTMAS
COOKIES
GINGERBREAD
JOY
MERRY
MISTLETOE
PEPPERMINT
PRESENTS
RUDOLPH
SANTA
STAR
STOCKING
TINSEL
TREE

Worldly

Update On the Wanderlust in Thailand

By Rebecca Hugh
Advertising Manager

With graduation approaching, anxiety from applying for jobs, thoughts of possibly not getting that second interview or even straight up rejections constantly run through my mind, the attempt to adult is like one big maze I am going to be lost in for a while. However, my study abroad experience has been an eye-opening map that points me being lost in the right direction.

Life's most precious teaching moments are ones that you experience. And, while being here in Thailand has taught me to appreciate what I have, it has also taught me to appreciate a whole other world outside of my own and to see that there are more opportunities outside of American for personal and professional development.

I have been in Thailand for almost two months, and the more I get exposed to the culture and the people the more I realize the cultural differences. But, those differences simply act as yearn for curiosity to see what more Thailand has to offer. Despite having to balance classes during the weekdays, I reserve all my weekends for mini-excursions.

Sept. 22

I decided to make a day trip to Bangkok to explore The Grand Palace. I went with some new friends of mine; so, the German, the Jamaican and the Puerto Rican set out early that Saturday morning and an hour later arrived at what was truly a grand site. The Grand Palace has housed the residents of the Kings of Siam (now formally called Thailand) since 1782. It is a large complex of buildings that consist of government offices, royal and throne halls, but also the famous Temple of the Emerald Buddha.

The striking complex covers 218,000 square meters of area and is surrounded by four walls. It contains the Chapel of the Emerald Buddha, The Demon Guardians (who stand at the gates facing the chapel put in place to guard the Emerald Buddha from evil spirits), The Phra Siratana Chedi (the golden stupa which was erected to house the shrine of the relics of the Lord Buddha) and amongst over 30 other statues and buildings dedicated to preservation of the Buddhism culture of Thailand. To see the vibrant detailing and the elaborate constructs was worth every pellet of sweat.

Photo provided by Rebecca Hugh

Hugh sitting in make-shift swing on Ao Nang Beach, Krabi, taking in the warmth of the sun and the ocean view.

Sept. 23

Who doesn't like a good bargain?! Well, on this particular Sunday, I rode the sky train all the way to Mo Chit and walked to the Chatuchak (JJ) Market. The JJ Market is the largest market in Thailand. Upon arrival, I was overwhelmed with slashed prices, countless amounts of souvenirs and clothes, mouthwatering food and the 15,000 stalls present.

From straw bags to elephant pants, key chains to Buddha amulets, anything you could think of, the JJ market had. If you so happened to want a pair of fish inspired slippers, it was there too. Just imagine a rubber fish that you stick your foot in, stylish, right?

I have to say, walking around the 27 different sections sure was a workout but my favorite part about that day was kicking back and enjoying a scoop of freshly made coconut ice-cream. YUM!

After, my two-hour stroll through the market the ISA (International Studies Abroad program) gang hit the streets and walked to the Channel 7 studio to watch a live broadcasting of the famous international sport of Thailand: Muay Thai Boxing.

Muay Thai boxing is the cultural martial art of Thailand. It is a form of close combat fighting, which uses the entire body; and it is thought to have been originated centuries ago as a fighting style developed when tribes migrated south from China, to protect themselves. Today it's a nationally recognized sport that attracts boys as young as 14 years old, who train and fight to help support their families.

Sitting in the foreigners' stand, yes, they had a section just for foreigners, the energy was high and the bystanders' eager to see who would win. Although gambling is illegal in Thailand, that didn't stop the numerous amounts of taxi driver bystanders from placing bets, nor the Thai grandmas from sitting in the stands and placing bets.

The Weekend of Oct. 5

It had been a while since I last ventured outside of Bangkok, so a few friends and I decided to fly south for a weekend. We took our adventurous selves all the way down south to a province called Krabi.

Krabi is known for its limestone cliffs, dense mangrove forests and many islands situated nearby. And, boy did it live up to our expectations. On the crack of dawn Saturday, Oct. 6, six of us headed out, leaving our homey bungalows to start our weekend off by relaxing on Ao Nang Beach.

Photo provided by Rebecca Hugh

Hugh was able to kayak through Tham Lot Cave and dodge stalactites.

Because there are many other beaches in Krabi, I decided to take a long-tailed boat to the well-known Railay Beach; however, Phra Nang Beach was my favorite. On site, there were open caves to go exploring and the crystal blue water was alluring, tranquil and relaxing. The following day, four of us decided to go on a kayaking expedition.

Thalane Bay is a popular location for kayaking and our tour guide, Man, took us through the jungle where we got to see a few monkeys, mangrove forests and cliffs. We ventured through two major lagoons which are only accessed by kayak and then we made our way through Tham Lot Cave.

Tham lot Cave is filled with stalactites and stalagmites and runs for approximately 1,666 meters. Taking in the natural structure and beauty of the cave, we paddled our way out and made a stop at Tham Pee-Hua Toe (The Big-Headed Ghost Cave). After a long day building up muscle, we paddled back upstream to end the day with lunch, back at the tour site. The sunburn and the then painful peeling of some skin were all worth seeing nature down south.

The Weekend of Oct. 12

While being on the east side of the world, I decided to take a weekend and visit my dad's side of the family in China. I flew to Shenzhen, a southern province in China, to meet with family I have never met before. It was a little hard to communicate because of the language barrier and my Chinese only extends to simple phrases like "good morning" and "have you brushed your teeth," but it didn't lessen the trip in any way. My many relatives welcomed me with open arms, and some amazing authentic Chinese food.

I mostly spent my days with my cousins; they took me shopping and took me to the humungous OCT East Amusement Park, to get countless massages and of course, to eat. I have to say, the strangest thing I had done in China was getting an ear massage. China is known for their back and foot massages, which I got, but the ear massage was oddly satisfying.

Every night my aunt and my cousins took me out for hotpot, one night it was seafood, the next it was solely fish and the last night it was spicy hotpot. Since I was not a usual hotpot goer, I had let my cousins' order. Never in my life had I ever tried coagulated duck's blood or pig's brain. And, yes it was cooked in the hotpot, so it had the taste of the broth, but the texture was very soft for both; imagine the texture of a boiled egg yolk, but softer. It's definitely not what I am accustomed to but hey, at least I can say I tried it once, right?

In all honesty, China blew me away. The country is so developed and so far-advanced, technology-wise, that it truly shocked me. If I spoke Mandarin, I would absolutely consider moving over there.

I can't say that I am not looking forward to going home, but there is still so much to see and so much to do. Yes, I do attend classes, and no, I haven't skipped out on one yet! But, with only seven weeks remaining in this beautiful country, I have to get on planning my next trip. But, for now, look out for my next article and see where I end up next.

Arts & Entertainment

Hallmark Countdown to Christmas: "It's Christmas, Eve" Review

By Victoria E. Calvillo
Contributing Writer

LeAnn Rimes portrays Eve in Hallmark's newest film, "It's Christmas, Eve." The film begins with Eve returning to her hometown, Franklin because she has a new job to do for the school. She stays with her mom while she is in town since her job is going to be temporary. Straight away her mom begins to ask Eve if she is ever going to settle down and stay somewhere for longer than a couple of weeks; Eve tends to move around the country often, not wanting to stay anywhere for long periods of time. The conversation takes a small turn, digging into Eve's love life. However, Eve mentions she does not want to settle down with anyone anytime soon. She steers the conversation away from herself by focusing on the new neighbors outside who are having a snowball fight. Eve wonders out loud what happened to the Murphy's, their old neighbors. Her mom tells her that they moved a couple of years ago and that a dad and daughter moved in, this conversation reveals Eve has been away from home for a very long time. The next scene introduces Liam, portrayed by Tyler Hynes, and his daughter Abby, played by Eden Summer Gilmore. Liam is helping his daughter get ready for school, the interaction showing the strong bond the two have.

Photo by @leannrimes

LeAnn Rimes portrays Eve in one of Hallmark's newest Christmas films, "It's Christmas, Eve." In the film, she is a singer/songwriter, which is accurate in real life as she is a famous country singer.

Later on in the day, Liam and Eve meet outside of a coffee shop. They converse over a man and a woman who ran into each other, the man accidentally pouring coffee all over the woman. Liam and Eve speak about how it was fate the two strangers ran into each other like that, and that it was like a movie scene. Eve disagrees that fate exists, dismissing Liam's attempts at conversation. After going their separate ways in the coffee shop, they both go to their friend who they are meeting for coffee.

While speaking with his friend, Liam begins talking about the school getting a new interim superintendent, who will most likely begin making cuts in the school departments. He speaks about how he works as one of the school's music teachers, hoping his program isn't one of the things that they decide to cut.

During Eve's conversation with her friend, it is revealed she is the school's new interim superintendent, and that she is helping the board decide where to make budget cuts. She says that they are going to have to freeze all hiring and cut all non-essential programs such as music and art departments for the entire district, for each grade level.

Throughout the film, Eve is asked to sing several times. However, she says that she doesn't sing anymore since the death of her father. She is seemingly unempathetic about cutting the art and music department, saying that it is not important for the children's education.

While Eve takes a tour of the school Liam works at, they run into each other, figuring out each other's positions. He finds out she is the interim superintendent who is cutting departments, and she figures out she will be the cause of his losing his job.

Later on, it is found out that Eve and Liam have more in common than they think, as they are both ex-musicians who gave up singing/writing for different reasons. Liam claims he stopped because he doesn't have time anymore because he is too busy taking care of Abby, which is also his reason for not dating. However, when the pair runs into each other again, this time arguing over who spotted a specific Christmas tree first, they wait in line to pay and begin to bond over their love of music.

After reflecting on her decision to cut the art and music department, Eve begins to regret coming to a decision so fast. She brainstorms how she can save the department, recruiting Liam to help her with her mission. They decide they will attempt to organize a Christmas concert called, "Christmas Under The Stars." They run around town utilizing their resources of friends, family, and other connections to get everything together for their event. The event will not only be an opportunity to get the community to come together but also invite guests to donate money by buying off the website they are creating which will go toward the art department.

The rest of the film depicts the characters trying their hardest to save the art and music department for the students and faculty. A budding romance begins to stir between Liam and Eve. However, Eve's conflicting emotions of staying in Franklin confuse her. Eve develops thoroughly throughout the movie of thinking strictly negatively of music and not wanting to stay in the town longer than planned but then begins to think she might want to stay in the town for several reasons, including Liam. Liam develops by at first thinking he will never date again, to wanting a possible relationship with Eve. However, the central question of the movie remains: Will their Christmas concert be a success in helping save the music and art department?

Photo by @hallmarkchannel

Tyler Hynes (far left), Eden Summer Gilmore (middle) and LeAnn Rimes (far right) star in "It's Christmas, Eve." The three create a strong bond within the film that also formed in real life, which is obvious on screen as the trio has perfect chemistry throughout the movie.

Arts & Entertainment

"Ralph Breaks the Internet" Disappoints

By Keily Huynh
Contributing Writer

The film "Ralph Breaks the Internet" takes place six years after the events of "Wreck-It Ralph," where Ralph (John C. Reily) and Vanellope (Sarah Silverman) spend their nights jumping from game to game using the hub before heading back to work at the end of the night. However, after Vanellope's game breaks Ralph and Vanellope venture into the Internet to find a way to save her game from being shut down.

One of the most amusing and interesting aspects of the film was the array of jokes made about internet search bars, internet access, the short-lived fame, animated and the unique environments and spaces that they created for certain applications within the film. For example, the application BuzzTube is a nod to popular video-sharing website, YouTube. Although, one of the most anticipated scenes within the film is the Princess Hall where Vanellope meets the Disney Princesses and they address some of the most common misconceptions of being a Disney Princess that elevates feministic ideals and ideas within society today.

Despite the film's brilliant idea in having Ralph and Vanellope explore the Internet, the Disney team's execution of this was excruciatingly poor. The story of the film was not large enough to make as a feature film and many of the conflicts within the story felt forced as there was no previous evidence in the past film to indicate so. Therefore, the film felt as if Disney was just trying to make another buck because they knew that people would buy the tickets.

This story was primarily suited for an animated series rather than a feature film because there was too much focus upon one problem. The film also felt incomplete and displaced because there were so many other issues that could have been explored yet most of them were unresolved, untouched or were resolved with no real explanation. In addition, the film also threw slight shade at the princess Merida for being made from Pixar which didn't seem to be the greatest idea to do considering things.

Overall, the film was alright, but it definitely felt like it was on a set of train tracks that the audience felt they couldn't ever get off of rather than being on the edge of their seats on what could happen next. Because of this, the film probably should have been put off for a longer period of time to explore more avenues to its story and to give it a little more depth because despite the unique environments, self-aware jokes and Vanellope's iconic scene with the princesses the story lacks so much more content.

The more that was shown the more it became clear that the premise of the story was better suited for an animated series rather than a feature film.If the creators and the heads of Disney had taken the time to figure out what to do with Ralph and Vanellope and where they might go with the idea of the Internet, such as exploring internet safety or gaming etiquette, maybe the film might not have been such a disappointment.

Photo by @BETnews

Sarah Silverman's character spent some time in the Princess Hall with the Disney princesses in one of the most viral moments of the newly released film.

Merry Christmas
from
the Lions' Pride
Media Group

A+
Good Luck
on
FINALS!

Sports

What You Missed Over Thanksgiving Break

Vincent Pensabene
Sports Editor

As the University Campus is getting back into the groove of things after coming back from Thanksgiving break, Saint Leo Athletics had some action you may have missed. Luckily, here is your Thanksgiving break recap:

Volleyball Makes NCAA South Regional

The Lions were riding hot at the end of the regular season, winning five of the last seven games, and looked to make some noise in the NCAA South Regional tournament in West Palm Beach. The Lions drew the No. 11 Tampa Spartans Nov. 15, who they faced a week prior and were defeated in four sets. Unfortunately for the Lions, they were not able to overcome a talented Spartans' team but played three tightly contested sets. Tampa ended up winning the match in straight sets ending the Lions' season, but there is optimism going into beach volleyball in the spring as the team was able to defeat two ranked teams (Florida Southern and Palm Beach Atlantic). This team may have lost in the opening round of the regional tournament but there is a lot to be excited for in the volleyball program.

Successful Saint Leo Classic

The men's basketball program hosted their annual Saint Leo Classic and saw the team pick up their first two wins of the young season by defeating Auburn-Montgomery and No. 12 West Florida. In the first game, the Lions faced off against the Auburn-Montgomery Warhawks and had a very good first half to give them the 83-72 victory. The team was led by junior Kyran McClure scoring 19 points on 6-of-10 shooting from the field in 32 minutes of action. The Lions shot 50 percent from the field and 35 percent from behind the line.

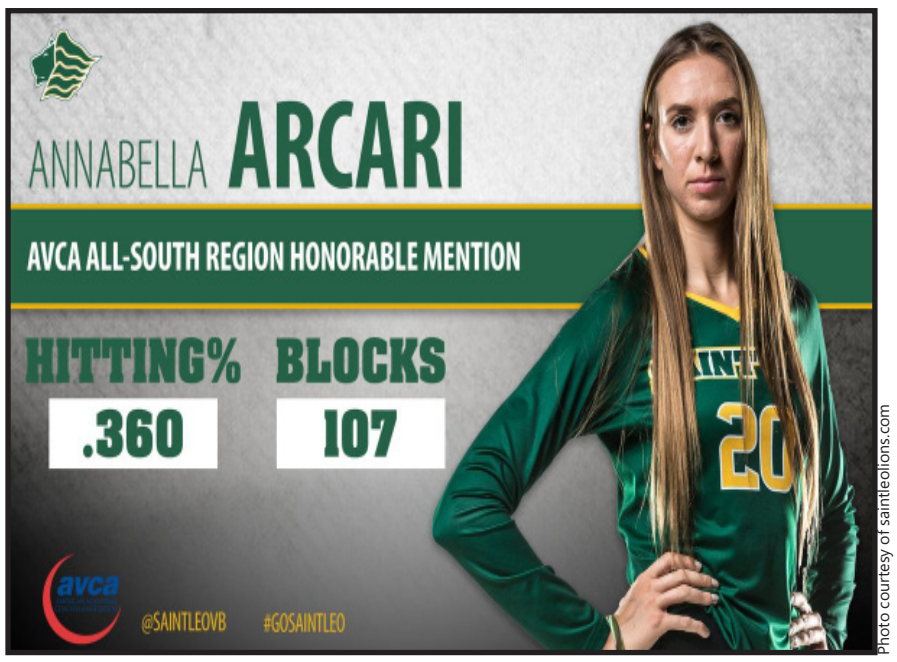

Photo courtesy of saintleolions.com

Congratulations to junior Annabella Arcari for being an AVCA All-South Region Honorable Mention in volleyball to wrap up an incredible year.

"It's good to come home and get the win to open the home portion of our season," coach Vince Alexander said after the game. "To be able to have our guys play the way we need, not in foul trouble, this is the outcome we expect and will work towards daily."

In their second game of the Saint Leo Classic, the Lions faced off against the West Florida Argonauts and defeated them by a final score of 69-65 overcoming a 12-point halftime deficit. McClure again led the team with 24 points going 7-of-10 from the field in 32 minutes. Coach Alexander saw some things the Lions will need to correct as the season continues.

"Though the guys showed growth and maturity [during the Saint Leo Classic], we still missed crucial shots and free throws to put the game away earlier. We will get back in the gym and continue to improve."

The team also competed in the Terrace Hotel Classic in Lakeland and lost both games. The team's next home game will be against Nova Southeastern Dec. 8.

Women's Basketball Split Games

The women's basketball program had two games over the break and ended up splitting the two. The first game was at home against the Montevallo Falcons and lost 67-57 behind a 44 point second half by the Falcons. Junior Gina Brierly led the Lions in scoring with 17 points, and sophomore Alani Gallagher finished the game with 10 rebounds. The team shot 34 percent from the field but were plagued with 23 turnovers.

The team bounced back when they traveled to Flagler University and defeated the Saints 50-42. This was behind a 15-5 first-quarter run by the Lions, and graduate student Casey Wortley tallied a season-high 14 points and added five rebounds, two blocks and an assist.

"It was a great evening to be a Lion," coach Anthony Crocitto said after the victory. The team is now 2-2 and next play at Palm Beach Atlantic Dec. 1.

Cross Country Runs into NCAA South Regional

Both cross country teams took sixth place out of 18 teams that competed at the South Regional meet at Holloway Park. On the women's side of the meet, freshman Paige Patterson (23rd), junior Ashley Lindeman (24th), senior Alyssa Bayliff (27th) and senior Laura Tobin (28th) all finished as top-30 runners for the meet.

On the men's side, junior Shawn Bell placed 18th as an individual out of 133 runners on the 10K course with a time of 32:43.96. Sophomore Shane Bracken (34th) and junior Tyler Pantley (47th) round out the top-50. Neither team finished high enough to receive an automatic qualification for nationals out of the South Region.

Swim Meet Against the Spartans

The volleyball court wasn't the only place Tampa and Saint Leo battled as the two teams met in Tampa and lost both days. The men's team lost 100.5-64.5 Nov. 17 and 108-59 on Sunday as they suffered their first two losses of their season to the No. 12 Spartans. On the women's side, the Lions were defeated 126-39 Nov. 17 and 126-41 on Nov. 18 to the No. 6 Spartans. The next time the Lions take to the pool is Dec. 15-18 when they travel to Clearwater for the Spartan Invite hosted by the University of Tampa.

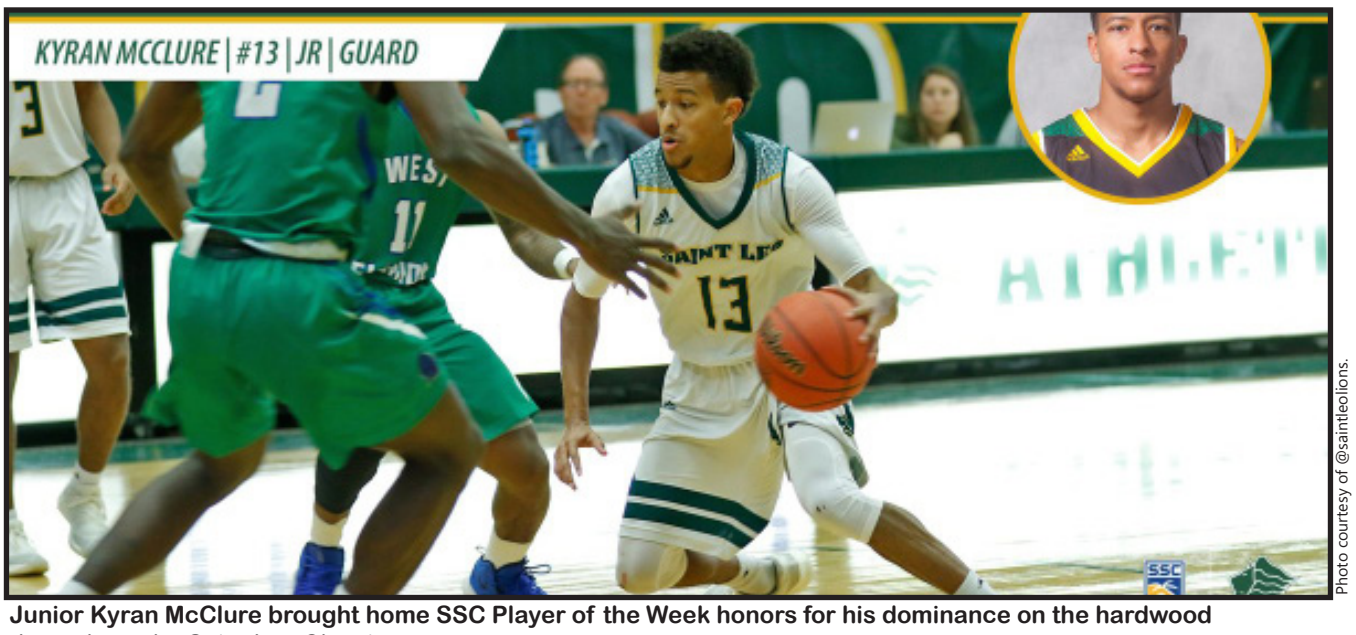

Photo courtesy of @saintleolions.

Junior Kyran McClure brought home SSC Player of the Week honors for his dominance on the hardwood throughout the Saint Leo Classic.

Upcoming Games Week Ending 11/30/18 - 12/6/18

Men's Basketball
12/1- @ Palm Beach Atlantic 6 p.m.

Women's Basketball
12/1- @ Palm Beach Atlantic 2 p.m.
12/4- vs Trinity 7 p.m.

Cross Country
12/1- @ NCAA Championship 11 a.m. (Pittsburgh, PA)